



**To:** PCPs and IPA Administrators  
**From:** IEHP – Provider Relations  
**Date:** December 14, 2016  
**Subject:** **BREATHE and JOURNEY PROGRAMS**

Inland Empire Health Plan (IEHP) offers Members with asthma and/or diabetes two (2) Disease Management Programs – **BREATHE** and **JOURNEY**. The goals of **BREATHE** (Asthma) and **JOURNEY** (Diabetes) are to:

1. Educate and support Members with asthma or diabetes as early as possible – not wait until their health is impacted;
2. Provide Members with the information they need to be confident in their ability to make good decisions and healthy choices.

Since the programs launched in late May 2014, **over 26,000 IEHP Members have opted in.**

Here’s how the programs work:

1. Registration Packets are mailed to all Members identified as having asthma or diabetes. Members are identified using encounter data, Rx data, doctor visits, ER visits, hospitalizations, and lab results.
2. Members opt into **BREATHE** or **JOURNEY** by completing and returning the Registration Survey.
3. Once enrolled, Members receive educational packets every month for seven (7) months.

Designed to reinforce your treatment plan, packet topics include:	Diabetes-specific modules also cover:	Asthma-specific modules include:
<ul style="list-style-type: none"> <li>• Making the most of Doctor visits</li> <li>• Scheduling important tests and creating care/action plans</li> </ul>	<ul style="list-style-type: none"> <li>• Meal planning</li> <li>• Blood sugar control</li> <li>• Preventing complications</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding medication</li> <li>• Identifying triggers</li> <li>• Asthma-proofing the home</li> </ul>

Members are also encouraged to attend free in-person classes related to their condition. Asthma and Diabetes Classes are offered at several locations throughout IEHP’s service areas and are taught by health professionals such as Nurses, Dietitians, Respiratory Therapists, and Health Educators. **Provider Health Education Referrals may be submitted through the IEHP Provider Portal at [www.iehp.org](http://www.iehp.org).** Members may also get more information or sign up for a class by calling Member Services or going online to the Member Portal at [www.iehp.org](http://www.iehp.org).

As a reminder, all communications sent by IEHP can also be found on our Provider Portal at the following address: <https://ww3.iehp.org/en/providers/correspondence/>.

If you have any questions or would like more information about **BREATHE** and **JOURNEY**, please contact the IEHP Health Education Department at (866) 224-4347.